

Class 505

Thanksgiving Recipes

2018



A Thanksgiving Message:



**Happy
Thanksgiving!**

List one thing you're thankful for beside each letter!

T

H

A

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K

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U

L

*A Special Thanks to:
All the families (and friends!) of Room 505!*

Menu

Cassie Ball	Chocolate Chip Oatmeal Cookies
Hampton Fraser	Mashed Potatoes
Everett Glasser	Ginger Molasses Cookies
Nick Hamm	Shepherd's Pie
Julian Knopf	Pasta Carbonara
Halle Maanavi	Meatballs
Lucy Meer	London Mac and Cheese
Liv Olesen	Æbleskiver
Cooper Stelwagon	Salsa
Alexa Zeccardi	Cannolis
John Zwilling	Snickerdoodle Cookies
Ms. Kolenda	Mandarin Orange Salad
Ms. Eshaghpour	Zucchini Bread
Ms. Ettinger	Apple Stuffing
Ms. Ettinger	Chocolate Chip Cookies

Cassie

Chocolate Chip Oatmeal Cookies

INGREDIENTS:

- 1 cup butter
- 1 cup packed light brown sugar
- ½ cup white sugar
- 2 eggs
- 1¼ cup of all purpose flour
- 2 teaspoons vanilla extract
- ½ teaspoon baking soda
- 1 teaspoon salt
- 3 cups quick cooking oats
- 1 cup chocolate chips

PREPARATION:

1. Preheat the oven to 325 degrees F (165 degrees C).
2. In a large bowl, cream together the butter, brown sugar, and white sugar until smooth.
3. Beat in eggs one at a time then stir in vanilla.
4. Combine the flour, baking soda, and salt; stir into the creamed mixture until just blended.
5. Mix in the quick oats, walnuts, and chocolate chips. Drop by heaping spoonfuls onto ungreased baking sheets.
6. Bake for 12 minutes in the preheated oven.
7. Allow cookies to cool on baking sheet for 5 minutes before transferring to a wire rack to cool completely.



Hampton

Marvelous Mashed Potatoes

INGREDIENTS:

- 6 large russet potatoes
- Heavy Cream
- 2 sticks of butter
- Salt

PREPARATION:

1. Bring 3 quarts of water to a boil
2. Add 2 Tablespoons of oil
3. Place six peeled russet potatoes in boiling water
4. Add two tablespoons of salt
5. Boil for 15 minutes until potatoes are soft
6. Drain potatoes into a colander
7. Add butter
8. Add salt a tiny bit of pepper



Everett

Ginger Molasses Cookies

INGREDIENTS:

- 4 cups all-purpose flour
- ½ teaspoon salt
- 2 ¼ teaspoons baking soda
- 2 teaspoons ground ginger
- 1 ¼teaspoons ground cloves
- 1 ¼teaspoons cinnamon
- 1 stick (½ cup) unsalted butter, softened
- ½ cup vegetable shortening
- 3 ½ cups sugar
- ½ cup unsulfured molasses
- 2 large eggs

PREPARATION:

1. Preheat oven to 325°F and lightly grease 2 large baking sheets.
2. In a large bowl whisk together flour, salt, baking soda, ginger, cloves, and cinnamon.
3. In another large bowl with an electric mixer beat together butter, shortening, and 3 cups sugar until light and fluffy and beat in molasses.
4. Beat in eggs, one at a time, beating well after each addition.
5. Gradually beat in flour mixture and combine well.
6. In a small shallow bowl put remaining ½ cup sugar. Form dough into 2-inch balls and roll in sugar.
7. On baking sheets arrange balls about 4 inches apart and flatten slightly with bottom of a glass dipped in sugar. Sprinkle some salt on top before baking!
8. Bake cookies in batches in middle of the oven 15 minutes, or until puffed and golden. (Cookies should be soft.) Transfer cookies with a metal spatula to racks to cool.

ADJUSTMENTS:

- Add more ginger and substitute ½ brown sugar for white sugar.



Nick

Grandma's Shepherd Pie

INGREDIENTS:

- 2 ½ pounds of potatoes
- 1 package frozen corn (or peas or carrots, or all three!)
- 1 pound ground beef
- 1 onion diced
- 3 cloves minced garlic
- 1 tablespoon butter
- 1 tablespoon olive oil
- Salt and black pepper to your liking

PREPARATION:

1. Preheat oven to 375°F
2. Place olive oil and butter in pan over medium heat. Stir in onion and ground beef. Brown the meat, breaking it into small crumbles as it cooks. Cook for about 10 minutes.
3. Stir in black pepper and garlic. Cook for 2-3 minutes, until the garlic is fragrant.
4. Stir in water and scrape any brown bits from the bottom of the pan. Reduce heat to medium-low and bring mixture to a simmer. Cook for 5-6 minutes and stir until thick.
5. Heat up frozen corn (or peas or carrots, or all three!)
6. Spread layer of ground beef into the bottom of a 9x13" baking dish and set aside.
7. Spread layer of corn (or peas or carrots, or all three!) on top of beef and set aside.
8. Place potatoes in a large pan of salted water. Bring to a boil, reduce heat to medium, and cook until tender (about 15 minutes). Drain well and return potatoes to pan.
9. Mash butter into potatoes. Mash until combined and potatoes are smooth. Season to taste with black pepper and salt.
10. Top the beef and corn mixture into the baking dish with the mashed potatoes spread evenly to cover.
11. Bake in the preheated oven until the top is golden brown and the sauce is bubbling up around the edges for about 25-30 minutes.



Julian

Pasta Carbonara

INGREDIENTS:

- ¼ cup olive oil
- ½ pound bacon, cut into ¼ inch pieces
- ½ cup dry white wine
- 3 large eggs
- ¾ cup Parmesan cheese
- ¼ cup Romano cheese
- 3 small garlic cloves, minced into a paste
- 1 pound spaghetti
- 1 tablespoon of salt
- 1 teaspoon of sea salt

PREPARATION:

1. Bring 4 quarts of water to a boil.
2. While water is boiling, heat olive oil in a large skillet.
3. Add bacon and cook until crisp for about 8 minutes.
4. Add wine and simmer until alcohol aroma has cooked off for about 7 minutes.
5. Remove from heat and cover to keep warm.
6. Beat eggs, cheese and garlic together and set aside.
7. When water is boiling, add spaghetti and one tablespoon of salt.
8. Cook until al dente and drain for 5 seconds, leaving the pasta still wet.
9. Reserve ½ cup of the pasta cooking water. Add water at the end to make the sauce creamier.
10. Transfer pasta to a warm serving bowl.
11. Immediately add egg mixture, 1 teaspoon of sea salt and toss.
12. Add bacon mixture and pepper. Toss and eat!



Halle

Special Meatballs

INGREDIENTS:

- 1 pound of ground beef (80% lean, 20% fat)
- 1 large egg
- 1 garlic clove, finely minced
- ¼ cup red onion, finely minced
- ½ of a small jar of Goya™ Sofrito red tomato sauce, 6 ounces
- ½ cup of red or yellow peppers, finely minced
- Ground black pepper to your liking
- Salt to your liking
- 2 tablespoons of olive oil
- ½ teaspoon of oregano and parsley
- ½ cup Parmesan cheese, freshly grated
- ½ cup of Italian breadcrumbs
- 1 pound of egg noodles
- Fresh basil to garnish

PREPARATION:

1. Combine all ingredients in a large bowl and mix using your hands.
2. Roll meatballs to the size of a large egg, about 3 ounces in weight
3. Line a baking sheet with aluminum foil. Space the meatballs evenly on the sheet.
4. In a skillet, cook the olive oil with diced onions and garlic. Cook until light brown and then glaze the meatballs, constantly rolling them.
5. Deglaze the skillet by adding a little cold water and olive oil to clean pan. Then add tomato sauce.
6. Heat up the sauce in a pot.
7. After glazing the meatballs, drop them into the sauce.
8. Simmer on low heat for at least an hour, checking and stirring every 15 minutes or so.
9. Boil water in a pot and add the egg noodles. Drain once al dente and serve with the meatballs.
10. Garnish with fresh basil and enjoy!



Lucy

London Mac and Cheese

INGREDIENTS:

- 3 cups ($\frac{3}{4}$ pound) of grated white sharp Cheddar cheese
- 1 cup ($\frac{1}{4}$ pound) of grated Parmigiano-Romano cheese
 - Or substitute Grana Padano or pecorino cheese
- 1 pound macaroni (ziti, penne, or short macaroni)
- 3 $\frac{3}{4}$ cups whole milk
- 8 tablespoons butter, plus extra for the baking dish
- 6 tablespoons flour
- $\frac{1}{2}$ teaspoon cayenne pepper
- Pinch of freshly grated nutmeg
- Kosher salt
- Freshly ground white pepper
- $\frac{1}{2}$ cup heavy cream
- $\frac{1}{2}$ cup fresh bread crumbs



PREPARATION:

1. Preheat the oven to 350°F
2. In a mixing bowl, combine the two cheeses and set aside.
3. Bring a large pot of salted water to a boil over high heat and cook pasta until al dente for about 10 minutes. Drain and place in a mixing bowl.
4. In a small saucepan over medium-high heat, bring the milk to a simmer.
5. In a large saucepan over medium heat, melt the butter; when it starts to boil, whisk in the flour.
6. Cook, stirring for 5-6 minutes then remove from the heat (this is the roux). Whisk in the hot milk all at once.
7. Add the cayenne pepper, nutmeg, salt & pepper to taste. Return the mixture to high heat and cook, stirring, until it comes to boil and thickens, 2-3 minutes.
8. Reduce the heat to low. Add 2 cups of the combined cheeses to the milk mixture and cook, stirring until the cheese have melted completely.
9. Pour the sauce over the cooked pasta in the bowl and mix lightly.
10. Lightly butter a 3½-quart deep baking dish and sprinkle $\frac{1}{2}$ cup of the combined cheeses over the bottom.
11. Cover with one-third of the pasta and one-third of the remaining cheese.
12. Repeat the layers twice, ending with a layer of cheese.
13. Pour the cream over all, and sprinkle with the breadcrumbs.
14. Place on the middle shelf of the oven and bake until the macaroni is bubbling and the crumbs are golden brown, about 30 minutes.

VARIATION: Pour on the cream, top with a layer of oven-roasted tomatoes: 6-8 plum tomatoes, halved with olive oil, salt, pepper – bake for 4-6 hours at 250°F, until dried but soft

Liv

Liv's Famous Æbleskiver

INGREDIENTS: Makes approximately 30

- 1 cup all-purpose flour (8.5 oz)
- ½ teaspoon baking soda
- 1 tablespoon sugar
- ¼ teaspoon salt
- 1½ cups buttermilk (13.5 oz)
- 3 eggs (separate yolk and whites)
- Butter for æbleskiver pan

PREPARATION:

1. Mix buttermilk with everything else, except the egg whites - keep in separate bowl for later. Mix well, no lumps.
2. Let batter rest for a half hour at room temperature.
3. Whisk egg whites well and mix with batter carefully.
4. While whisking egg whites, heat up the æbleskiver pan.
5. Once really hot, add a little butter to each of the wells and lower heat to medium-low.
6. Fill wells 3/4 with batter and cook approx. 2 min on each side. Turn with small metal skewer (most tricky part)
7. For every new batch, add a bit of butter to wells to avoid the æbleskiver to stick.



Æbleskiver - a light, puffy, sphere-shaped pancake - can be made and served in countless delicious ways. Æbleskiver (pronounced "able- skeever") are originally from Denmark, served there as a traditional snack or dessert. The word Æbleskiver literally translates to "sliced apples," are most commonly served with dusted confectioners' sugar and fruit jam.

Cooper

Quick Nutri-Bullet Salsa

INGREDIENTS:

- 1 can (28 oz) dice tomatoes, drained in can (use the lid)
- ½ of a jalapeño, seeded, chopped
- ½ of a yellow onion, roughly chopped
- ½ of a bunch of cilantro, roughly chopped
- ½ of a lime, squeezed
- 1 teaspoon of salt
- 1 teaspoon of sugar
- ¼ teaspoon black pepper

PREPARATION:

1. Put all ingredients in a large bowl and mix
2. Add half the mix to the Nutri Bullet (can't fit it all at once)
3. Blend, spoon into bowl
4. Store in fridge for several hours before serving



Alexa

Cannoli

INGREDIENTS:

- 8 cannoli shells, homemade or store bought will work
- 2 cups ricotta cheese
- 1 cup confectioner's sugar, plus extra for dusting
- $\frac{3}{4}$ cup mini chocolate chips, divided
- $1\frac{1}{2}$ teaspoons pure vanilla extract

Optional: 2 teaspoons fresh orange zest

PREPARATION:

1. Place the ricotta cheese into a fine mesh strainer and place it in the fridge to drain for at least 12 hours and up to 24 hours.
2. Filling: In a large mixing bowl combine the drained ricotta cheese, confectioner's sugar, $\frac{1}{4}$ cup of the mini chocolate chips, vanilla extract, and orange zest (optional).
3. Using a spatula, carefully scrape the mixture into a pastry bag fitted with a $\frac{1}{2}$ inch open tip. Use at once, or refrigerate until needed. Filling can be made 24 hours in advance.
4. When ready to serve, pipe the filling into one end of the cannoli shell. Fill the shell halfway then pipe into the other end. If you don't have a piping bag, you may spoon the filling into the shells. Repeat with the remaining shells.
5. Place remaining chocolate chips on a small plate. Dip each end of the cannoli into the chocolate chips then lightly dust with the confectioner's sugar. Serve at once.

Cannolis are best eaten on the day they are made.



John

Elizabeth's Famous Snickerdoodle Cookies

INGREDIENTS:

- 1½ cups sugar
- ½ cup butter or margarine, softened
- ½ cup shortening
- 2 eggs (Save \$)
- 2¾ cups Gold Medal™ all-purpose or unbleached flour
- 2 teaspoons cream of tartar
- 1 teaspoon baking soda
- ¼ teaspoon salt
- ¼ cup sugar
- 2 teaspoons ground cinnamon

PREPARATION:

1. Heat oven to 400°F.
2. Mix 1½ cups sugar, the butter, shortening and eggs in large bowl.
3. Stir in flour, cream of tartar, baking soda and salt.
4. Shape dough into 1 ¼ -inch balls.
5. Mix ¼ cup sugar and the cinnamon.
6. Roll balls in cinnamon-sugar mixture.
7. Place 2 inches apart on ungreased cookie sheet.
8. Bake 8 to 10 minutes or until set.
9. Remove from cookie sheet to wire rack.



Ms. Kolenda

Mandarin Orange Salad

INGREDIENTS:

- ½ teaspoon salt
- Dash of pepper
- 2 tablespoons sugar
- 2 tablespoons apple cider vinegar
- ¼ cup olive oil
- 1 tablespoon chopped fresh parsley
- 1 or 2 bags of mixed lettuce (I used Romaine and leafy mix)
- ½ cup chopped celery
- Sliced green onions (scallions)
- 1-2 cans of mandarin oranges (as you like it)

PREPARATION:

1. For the dressing: Mix salt, pepper, sugar, apple cider vinegar, olive oil and parsley. Shake and refrigerate.
2. Combine lettuce mix, chopped celery and sliced green onions, add dressing.
3. Add mandarin oranges right before serving.

VARIATION: Cook ¼ cup (or more) of sliced almonds with 1 tablespoon of sugar over medium heat until sugar is melted and nuts are coated. Add almonds to the salad right before serving.



Ms. Eshaghpour

Zucchini Bread

INGREDIENTS: For 2 loaves

- 2 cups drained, grated zucchini (left dry)
- 2 cups sugar
- 1 cup oil
- 3 eggs – beaten
- 2 teaspoons vanilla
- 3 cups flour
- 2 teaspoons cinnamon
- 1 teaspoon salt
- 1 teaspoon baking soda
- ½ teaspoon lemon rind

PREPARATION:

1. Heat the oven to 350°F.
2. Drain zucchini
3. Combine sugar, oil, vanilla and eggs
4. Sift salt, flour, cinnamon, baking soda
5. Add other ingredients
6. Grease pan and bake
7. Bake for about 60 minutes, checking a few times before time is up
8. Keep in the pan to cool for 10 minutes before taking it out

VARIATION: Add 1 cup of nuts to the mix before baking



Ms. Ettinger

Apple Stuffing

INGREDIENTS:

- 8 cups country bread, cubed
- 4 tablespoons butter, plus more for baking dish
- 2 leeks (white and pale green parts), thinly sliced into semi-circles
- 4 Macintosh Apples (I use Granny Smith!), peeled and thinly sliced
- 1 tablespoon chopped fresh rosemary (or 1 teaspoon dried)
- 2 cups reduced-sodium vegetable broth
- 1 large egg
- Coarse salt and ground pepper

PREPARATION:

1. Preheat oven to 350°F. Toss bread with 3 tablespoons of melted butter; season with salt and pepper.
2. Spread on a rimmed baking sheet; toast bread, rotating halfway through until browned for about 20-25 minutes.
3. Heat remaining butter in a 12-inch skillet over medium heat. Add leeks and cook, stirring frequently, until leeks are translucent for about 5 minutes.
4. Add apples. Cook, turning occasionally until tender for about 5 minutes.
5. In a large bowl, combine bread, leek mixture, rosemary, and broth. Season with salt and pepper. Add egg and stir until thoroughly combined.
6. Transfer to a buttered 1½-quart shallow baking dish.
7. Bake until golden on top and crisp around edges, 40 to 45 minutes.



Ms. Ettinger

Chocolate Chip Cookies

INGREDIENTS:

- 2 cups flour
- 3/4 cups white sugar
- 3/4 cups brown sugar
- 2 teaspoons of salt
- 2 tablespoons of vanilla extract
- 2 large eggs
- 1 teaspoon of baking powder
- 2 sticks of butter, softened
- 1 bag of chocolate chips

PREPARATION:

1. Pre-heat oven to 350 degrees
2. Mix together dry ingredients in one bowl and wet ingredients in a separate bowl.
3. Combine wet and dry ingredients and mix (electric mixer is ideal)
4. Add chocolate chips
5. Place small balls of dough onto cookie sheet and bake for 12-14 minutes.



The Science of Your **THANKSGIVING MEAL**

Pumpkin pie is a great source of **POTASSIUM**. Potassium ion diffusion is a key mechanism in nerve transmission in the body.



Flour biscuits contain **CARBOHYDRATES**. Carbohydrates are a common source of energy for the body.



Turkey is an excellent source of **PROTEIN**, **IRON**, and **ZINC**. Some believe turkey's quantities of **TRYPTOPHAN**, an **AMINO ACID**, make a diner sleepy after a meal.



One cup of boiled sweet corn contains 16 percent of your recommended dietary allowance of vitamin B-6, one of the important **B VITAMINS**.

The green beans in your casserole can be helpful in providing the mineral **SILICON**. This mineral is important for bone health and for formation of connective tissue.



Sweet potatoes are loaded with **VITAMIN A** which is important for healthy eyes. They also have a lot of **DIETARY FIBER**.



The cranberries in your cranberry sauce are an excellent source of **ANTIOXIDANTS**. An antioxidant is a molecule that inhibits the oxidation of other molecules. **OXIDATION** can cause cell damage and antioxidants in food can help protect the body's cells.

CHLORINE is a dietary mineral that is needed for production of **HYDROCHLORIC ACID** in the stomach and in cellular pump functions. Table salt is a source of this mineral.



Brussels sprouts are a good source of **PHOSPHORUS** which is used by the body for energy **METABOLISM**. Metabolism refers to all the physical and chemical processes in the body that convert or use energy.

Find the following terms and circle them on the word search.

AMINO ACID
ANTIOXIDANTS
B VITAMINS
CARBOHYDRATES
CHLORINE
DIETARY FIBER
HYDROCHLORIC ACID
IRON
METABOLISM
OXIDATION
PHOSPHORUS
POTASSIUM
PROTEIN
SILICON
TRYPTOPHAN
VITAMIN A
ZINC

M	I	N	P	P	D	X	X	N	A	P	E	V	R	P	T
U	M	K	O	R	H	F	C	M	W	N	J	E	X	Y	R
I	S	S	B	I	Q	O	I	P	I	S	B	O	A	K	Y
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P	D	C	S	R	T	N	S	Y	M	O	Y	U	J	N	A
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F	X	N	I	G	M	E	T	A	B	O	L	I	S	M	I
V	O	D	S	N	I	M	A	T	I	V	B	K	C	P	R
D	I	C	A	C	I	R	O	L	H	C	O	R	D	Y	H
B	T	V	I	T	A	N	I	N	A	W	O	K	A	L	E
M	N	D	C	X	E	J	F	G	M	B	Y	E	P	C	J
I	A	G	E	J	D	M	O	I	K	O	X	R	R	J	A